

Western Canada Games Prep Squad minimum Performance Level							
Event	Performance	Points					Points
1	Men Open 100m Dash	11.64	686	51	Women Open 100m Dash	*12.91	882
2	Men Open 60m Dash	7.61	686	51	Women Open 60m Dash	8.29	882
2	Men Open 200m Dash	23.27	777	52	Women Open 200m Dash	27.07	861
3	Men Open 300m Dash	36.91	782	53	Women Open 300m Dash	44.22	850
3	Men Open 400m Dash	51.88	782	53	Women Open 400m Dash	01:00.13	850
4	Men Open 600m Dash	01:25.0	769	54	Women Open 600m Run	01:42.5	815
4	Men Open 800m Run	02:00.00	769	54	Women Open 800m Run	2:22.2h	815
5	Men Open 1000m Run	02:40.02	720	55	Women Open 1000m Run	03:08.97	791
5	Men Open 1500m Run	04:12.05	720	55	Women Open 1500m Run	05:02.06	791
6	Men Open 3000m equivalent	09:16.18	658	56	Women Open 3000m Run	11:18.73	878
7	Men Open 5000m Run	0:16:04	634	57	Women Open 5000m Run	18:06.04	878
7	Men Open 10000m Run	36:30.0		57	Women Open 5000m Run	17:56.43	895
8	Men Open 110m Hurdles	17.3	561	58	Women Open 10000m Run	"43:30.0	622
	Men Open 60m H	10.11	561	58			
8	Men Open 110m Hurdles 39	16.30	697	58	Women Open 80m Hurdles	13	
	Men Open 60m H 39	9.48	697	58			
8	Men Open 110m Hurdles "36	15.4	832	58	Women Open 100m Hurdles	17.99	612
	Men Open 60m H 36	8.9	832	58	Women Open 60m Hurdles	10.11	612
10	Men Open 400m Hurdles 0.914m	0:01:13		59	Women Open 400m Hurdles 0.762m	01:17.34	
11	Men Open 3000m StplCh	10:37.19		60	Women Open 2000m StplCh	09:10.00	
12	Men Open High Jump	*1.75m		60	Women Open 3000m StplCh	15:00.0	
13	Men Open Pole Vault	2.50m		61	Women Open High Jump	1.50m	
14	Men Open Long Jump	6.21m		62	Women Open Pole Vault	2.00m	
15	Men Open Triple Jump	12.28m		63	Women Open Long Jump	5.09m	
16	Men Open Shot Put 7.26 kg	9.52m		64	Women Open Triple Jump	10.25m	
17	Men Open Discus 2 kg	29.44m		65	Women Open Shot Put 4 kg	9.22m	
18	Men Open Javelin 800 g	44.73m		66	Women Open Discus 1 kg	26.58m	
19	Men Open Hammer 5 kg	28.59m		67	Women Open Javelin 600 g	28.54	
20	Men Open Hammer 7.26 kg	25.94m		68	Women Open Hammer 4 kg	24.29m	
21	Men Open Decathlon	3687		69	Women Open Heptathlon	2900	
Athletes who are born in 1986 and later and have achieved these levels of performance and better will be added to the Western Canada Games Prep team on request.							

